



Healthy Snacks For Active Kids

*Good nutrition will help provide kids with the energy they need to have fun and perform well during sports and other physical activities. Regular, nutritious meals and snacks will provide enough energy for kids active for 60 minutes or less. *Sports drinks or snacks are not needed for recreational physical activity.*

There are three times to think about nutrition: before, during and after activity:

Before:

Include foods from all four food groups at regular meals and snacks for the best before game nutrition. The best way to fuel muscles is with carbohydrates one to two hours before an athletic event or practice.

During

During a game, the most important thing is to stay hydrated. Water is the best choice to stay hydrated. Children do not usually need a half time snack. If children are hungry or have been very active, offer fruit as a healthy, hydrating snack.

After

In most cases, water and healthy snacks or regular meals are all kids need to get back the nutrients and fluid they lost during physical activity. Milk is another great option for after game hydration.



Food group		Snack Ideas
Vegetables and Fruit	Provide natural sugar for energy, water, vitamins and minerals and they taste great! Great for during activity or anytime!	<ul style="list-style-type: none"> • Oranges • Bananas • Grapes • Carrots • Cucumbers • Watermelon • Apples • Applesauce • Snap Peas
Grain Products	Provide carbohydrate for energy and some protein. Watch for added sugar. Great for before and after activity.	<ul style="list-style-type: none"> • Whole-grain bread or bagels • Crackers • Tortillas • Low sugar cereals • Plain popcorn • Whole grain Fig Newtons • Granola bars
Milk and Alternatives	Provide carbohydrate, protein and are a good source of Calcium. Milk makes a great post game drink.	<ul style="list-style-type: none"> • Low-fat cheese, • Yogurt • Milk • Chocolate milk • Cheese strings
Meat and Alternatives	Provide protein and minerals for growth. Great for pre and post game meals.	<ul style="list-style-type: none"> • Hummus • Trail mix • Peanut butter • Boiled eggs • Sunflower seeds • Tofu • Chicken, tuna or ham for sandwiches

